

Rediscover YOUR Genius-Post & 7 Power Steps

"Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius.

Love, love, love, that is the soul of genius." Wolfgang Amadeus Mozart (1756-1791)

RE-DISCOVER YOUR GENIUS | Post & 7 Power Steps!

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Helping smart people and organizations move forward smarter, faster, happier



(Scroll down for 7 Power Steps):

Genius is born of love. Love transcends social and economic order. Love is something that every human being is born with regardless of their financial or social station. If we can transcend what does not really matter, if we can attach our self to love we can cleave to a higher order and achieve genius. Hogwash. Think again. **Our best selves, our best work, our best organizations come from a place of purpose, a place of love, a place of service above self...a place of truth**

and sustainability.

How can we achieve love? By realizing that true love is unconditional. It is a birthright that is not born of ego, self-absorption or entitlement. Rather it is a place of purpose, passion and meaning that starts with reclaiming our joy. How can we reclaim our joy? Embracing joy starts with deciding to begin each day by taking out our personal garbage.

What is personal garbage? It is the negative stuff that the normal wear and tear of modern life brings us. It is that ugly, smelly stuff that holds us back from experiencing joy and meaning. It is what we find when we want a quick fix, an easy pass to fulfillment, or a scapegoat for disappointment.

Where do we find personal garbage? Everywhere. Personal garbage festers in our ego, in the demands of others, in the negativity that surrounds us, in just turning on the tv and being barraged by violence, in deciding to live life without meaning, in forgetting to hear our voice, losing our authenticity, in getting too busy and too distracted to listen to our heart. **Garbage grows as** we ingest more and more junk, more and more emotional toxins.

People and incidents can throw garbage at our feet or in our faces, but we have the personal power to start each day by taking out our garbage. Find the garbage removal steps that work for you. Rid yourself of rancid, negative, emotional toxins. Experiment with a different garbage removal step every day. Most importantly, learn to begin again each morning, to jumpstart your love, your genius by getting rid of your PERSONAL GARBAGE.

SEVEN SIMPLE AND POWERFUL STEPS

1. Start your day by just taking the garbage out. Decide to let go of what you cannot change and just embrace what you can do today to bring more love, more satisfaction into your life.

2. Decide to get happy. Get silly and embrace your inner child. Jump out of bed. Make funny faces in the mirror. Remember and recite the first joke you ever told anyone. Do whatever brings you back to the happiest day you had as a kid. Get happy!

3. Chose to get active with your personal joy. If you are sad, then there is even more reason to get out of bed, take off any clothing and just jump naked in joy. Jump for joy. If you run or exercise in the morning, try doing your morning routine with a smile.

4. Share a joke or a smile with someone that you do not know today. Pass joy along and see it come right back to you.

5. Appreciate someone in your life whom you do not usually recognize. That's right; tell your colleague, your spouse, your child, your co-worker something about him/her that you appreciate.

6. Put stress and trash on hold. Learn to meditate of only for a few minutes a day. The benefits of meditation including greater resiliency to stress, clarity of mind, improved cognition, ideation, boosts to the immune system, better health and greater longevity have been proven by many longitudinal studies. Take pause a couple of times a day. Put your brain in what science tells us is our most creative state, the alpha state. Find a place where you can sit for 3 minutes undisturbed. Sit in a chair with your palms up in your lap, your back straight. Close your eyes and start to breathe deeply from your diaphragm. Breathe to the count of five slowly through your nose, and breathe out to the count of 10. Do not let any thoughts enter your brain, just concentrate on counting in to 5 and out to 10. If a thought gets in there, just gently push it away. Try the pause twice a day. Embrace a state of not thinking of just being one with your breath, with your life force.

7. Embrace a human moment, a higher moment, and give something away. If you are having a particularly difficult day, or you are feeling sad or depressed, step out of the comfort zone, move past self absorption and give something away. If you are having a good day, move forward and make it better by giving something away. Your time, a donation, a smile, a hug, your help. Give it away with no expectation of gain.

**Is it time to REACH- Redirect-empower-actualize-communicate
and harvest YOUR potential to lead forward?**

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insightful and inspiring keynote?**

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**Irene Becker, Chief Success Officer, Just Coach It-The 3Q
Edge™ Toronto and Virtually Everywhere | Face to Face, By Tel,
Skype or Video Conferencing**

www.justcoachit.com [Twitter @justcoachit](#) [Skype: beckerirene](#)
[Tel: 1-416-671-4726](tel:1-416-671-4726) [Email: irene@justcoachitcom](mailto:irene@justcoachitcom)

The Pause-3 Minute Exercise- Simple, Powerful, Transformative

**"THE PAUSE"- A simple exercise that is
accomplished in 3 minutes**

**Powerful, Simple, Transformative
Exercise in Mindfulness and Stress Relief**



**Why Develop
Mindfulness
?**

Longitudinal studies confirm that mindfulness practices, and in particular, regular meditation

enhances cognition, ideation, focus, creativity, health and longevity. Meditation, like prayer and parts of the sleep cycle puts our brain in an alpha state; a state where creativity and our spiritual connection abound. Meditation helps us move away from the chaos and negativity surrounding us by touching a place where we can reconnect with our highest

power and the beauty of our inner child...a formidable combination! How can we access the self love and self acceptance that we need? How can we move away from the chaos and negativity that surrounds us? How can we find the child within who can be present in the moment, who can access joy effortlessly? How can we drown out the must dos, should dos and have to dos of our life and just be present with our mind, body and soul? **Accessing our joy, our loving truth-our genius, starts with one simple step...the pause. It starts with moments of silence, moments of pause when we stop, reflect and connect with spirit, with our inner voice.**

INSTRUCTIONS: You can do " The Pause" anywhere you have privacy in a mere 3 minutes. Sit down, keep your back straight, put your feet on the floor and your palms upwards in your lap. Start by being utterly still; just breathe deeply and be with yourself. Relax, and breathe with your diaphragm, breathe deeply. Shut your eyes and count to 7 slowly as you breathe in. Then count to 10 slowly as you exhale through your nose. Concentrate only on your breath, and when thoughts come into your mind just gently push them away and concentrate again on your breathing. Feel your breath, focus on your breath. Count 7 as you inhale, count to 10 as you exhale. If thoughts come into your mind, just push them away as you would move an item on your computer screen. Focus ONLY on the sensation of your breath. Many people also find it helpful to think about exhaling negativity and inhaling a golden replenishing light.

Schedule a 3 minute pause in your schedule. Try it consistently 3 X a day for a week. When we are still, when we pause it is possible to cast aside problems, worries, responsibilities and just enjoy the flow of our breath deeply and slowly and just be still with our soul. We can pause and reclaim our center, reclaim our joy, reclaim our connection with our highest power. Every pause is restorative and powerful. Every pause is an important exercise in

mindfulness. If the exercise feels strange at first continue to practice three times a day for three minutes.

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Irene Becker, Just Coach It

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www.justcoachit.com [Twitter @justcoachit](#) [Skype: beckerirene](#)
[Tel: 1-416-671-4726](tel:1-416-671-4726) [Email: irene@justcoachitcom](mailto:irene@justcoachitcom)

Lead Forward 7 Power Words & 8 Power Leadership Posts

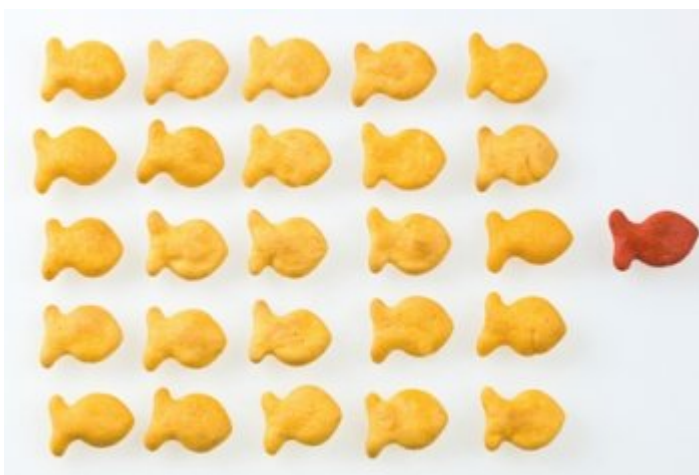
Lead Forward at the Speed of Change | 7 Power Words & 8 Posts

The Coachable Moment for wk ending April 13, 2012

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**The greatest contribution of any leader is to make other leaders. Simon Sinek
Today, that contribution is critical**

What does Leadership Really Mean?



•RETHINK

The Survive & Thrive Organization

•REBOOT

Optimize, humanize, monetize potential

•REPAIR

Turn conflict/communication problems around

•RECHARGE

Use leadership principles to inspire, engage and empower!

•RENEW

Build better virtual and actual teams

•REFLECT

Lead forward with your EQ-EI advantage

•REPOWER

Find new sources of profitable growth

LEAD Forward

**Rethink-Reboot-Repair-Recharge-Renew-
Reflect-Repower**

**Use what is to create what can be | Build
YOUR 3Q Edge™**

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